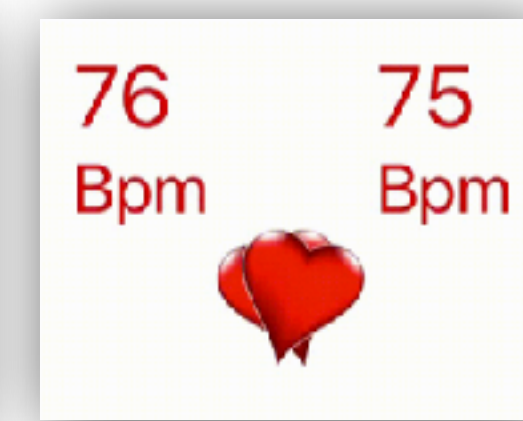
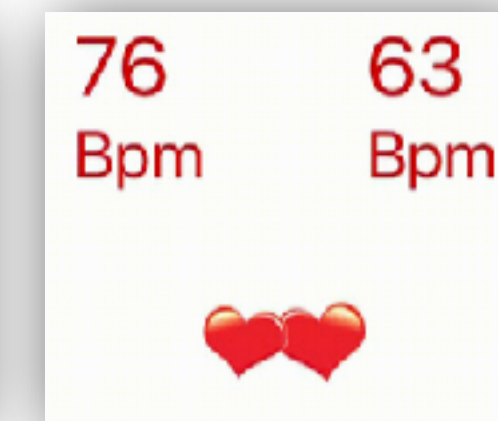
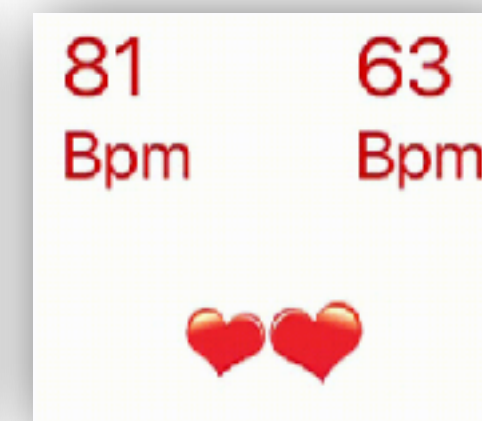
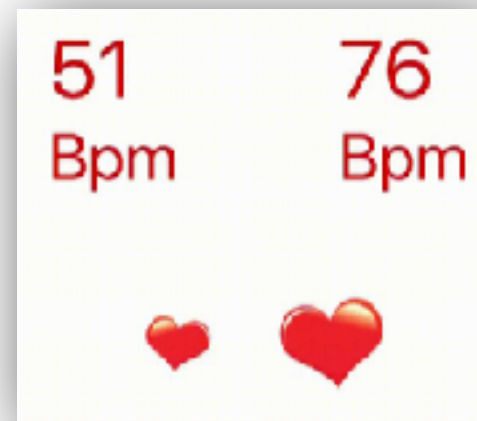
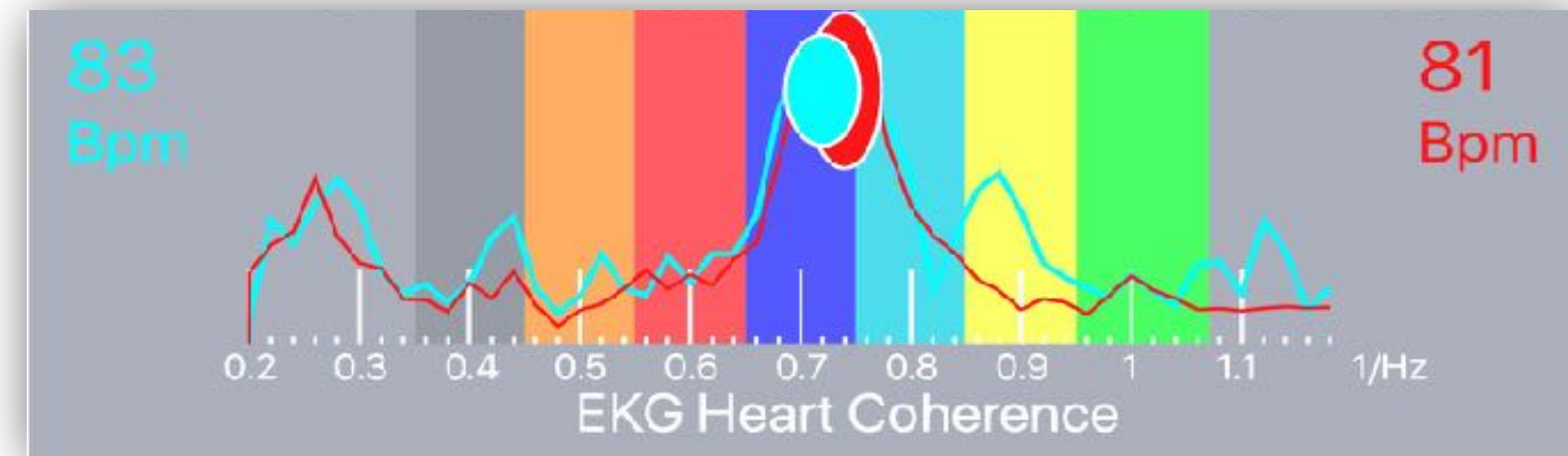
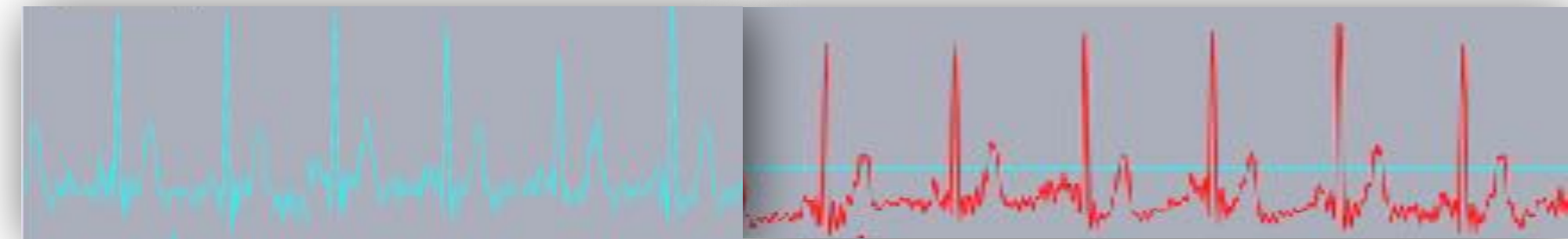
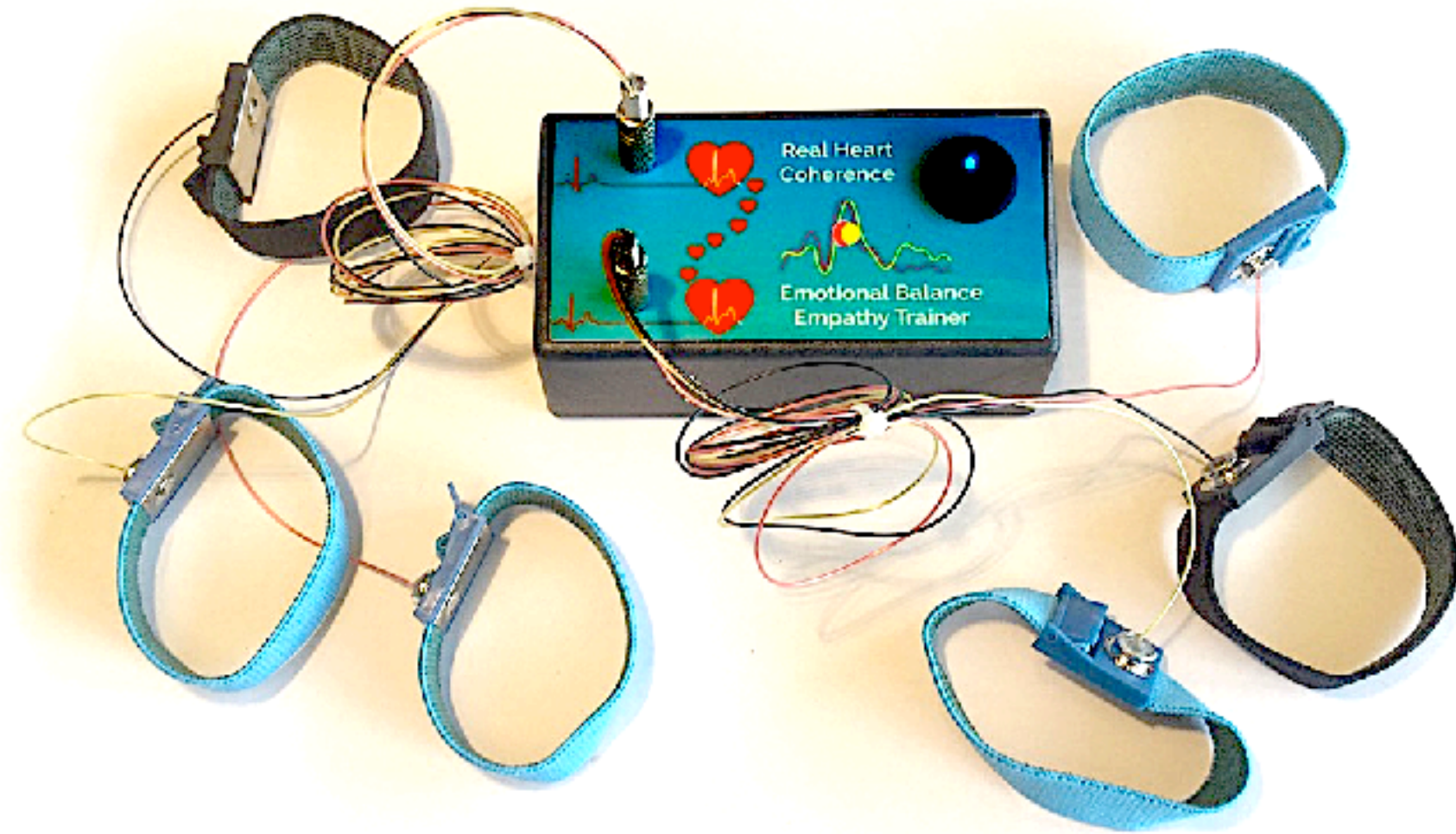


# Real Heart Coherence Emotional Balance





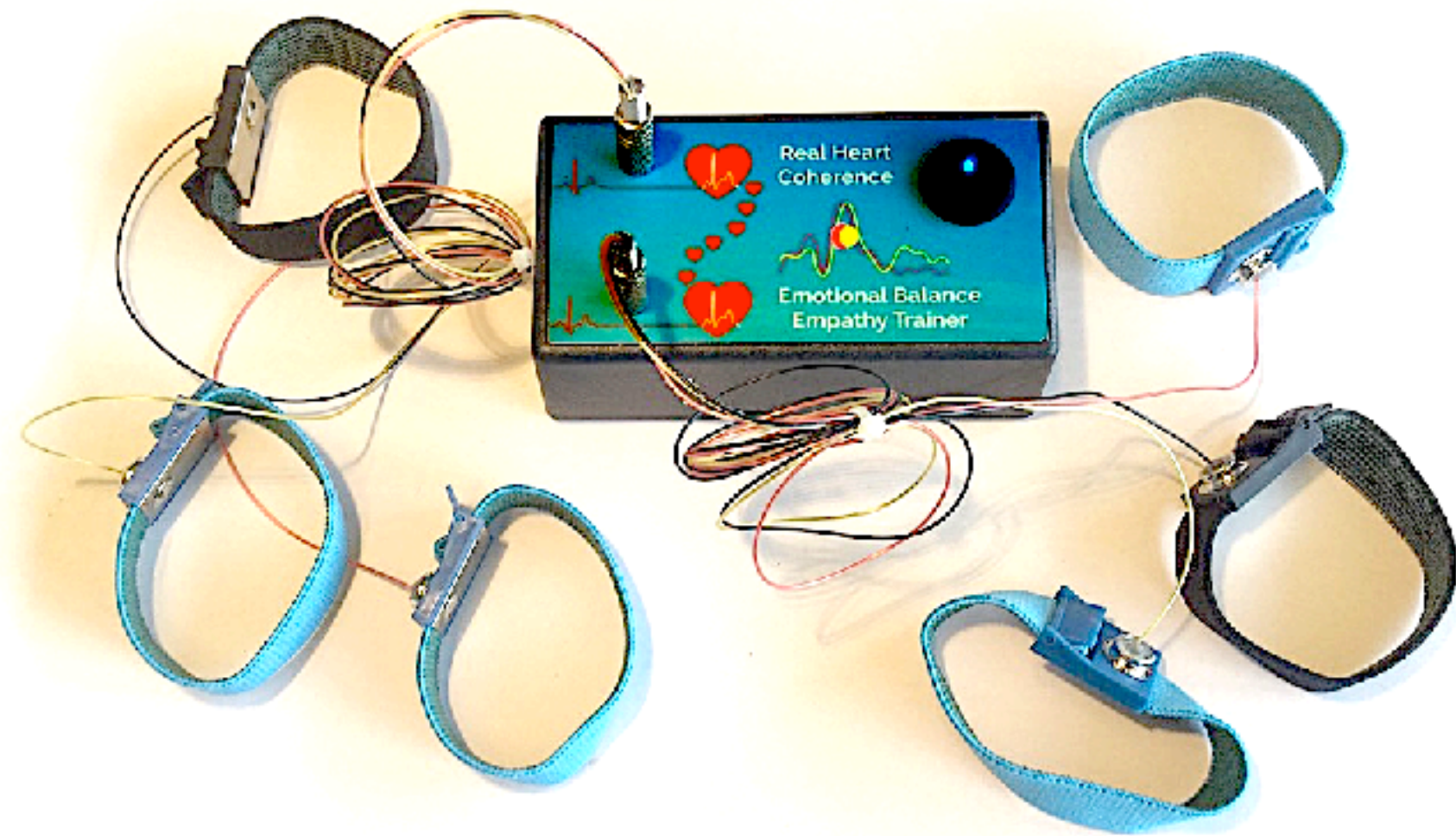
**Before first use**  
**!!! Make sure the device is fully charged !!!**  
Switch OFF the power light  
Connect USB plugs to the device and to a USB charger  
While charging, the red light is on  
When fully charged, the red light turns off

Power light



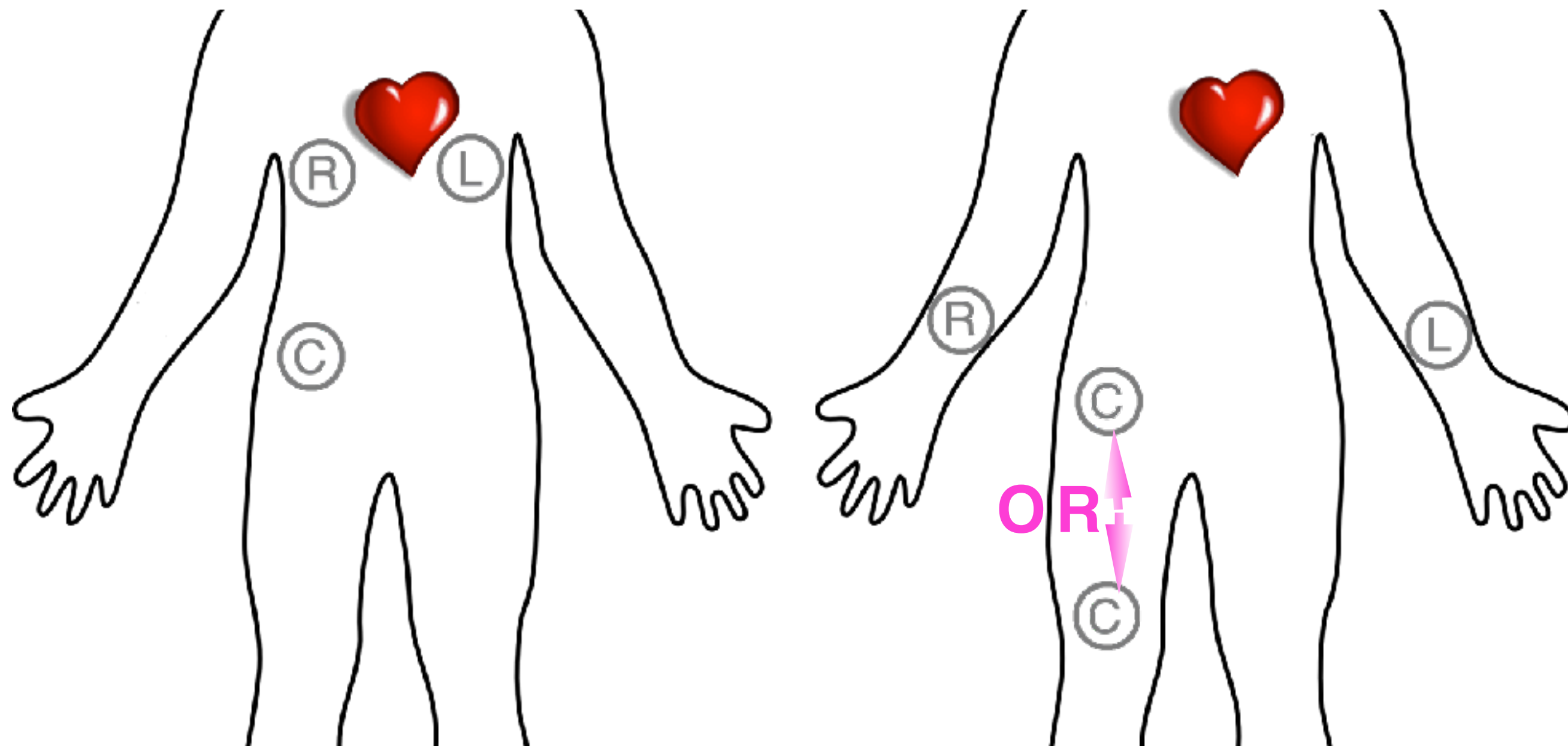
Charging light

**RealCoherence amplifier**  
comes with  
2 sets of wrists & 2 sets of stickers

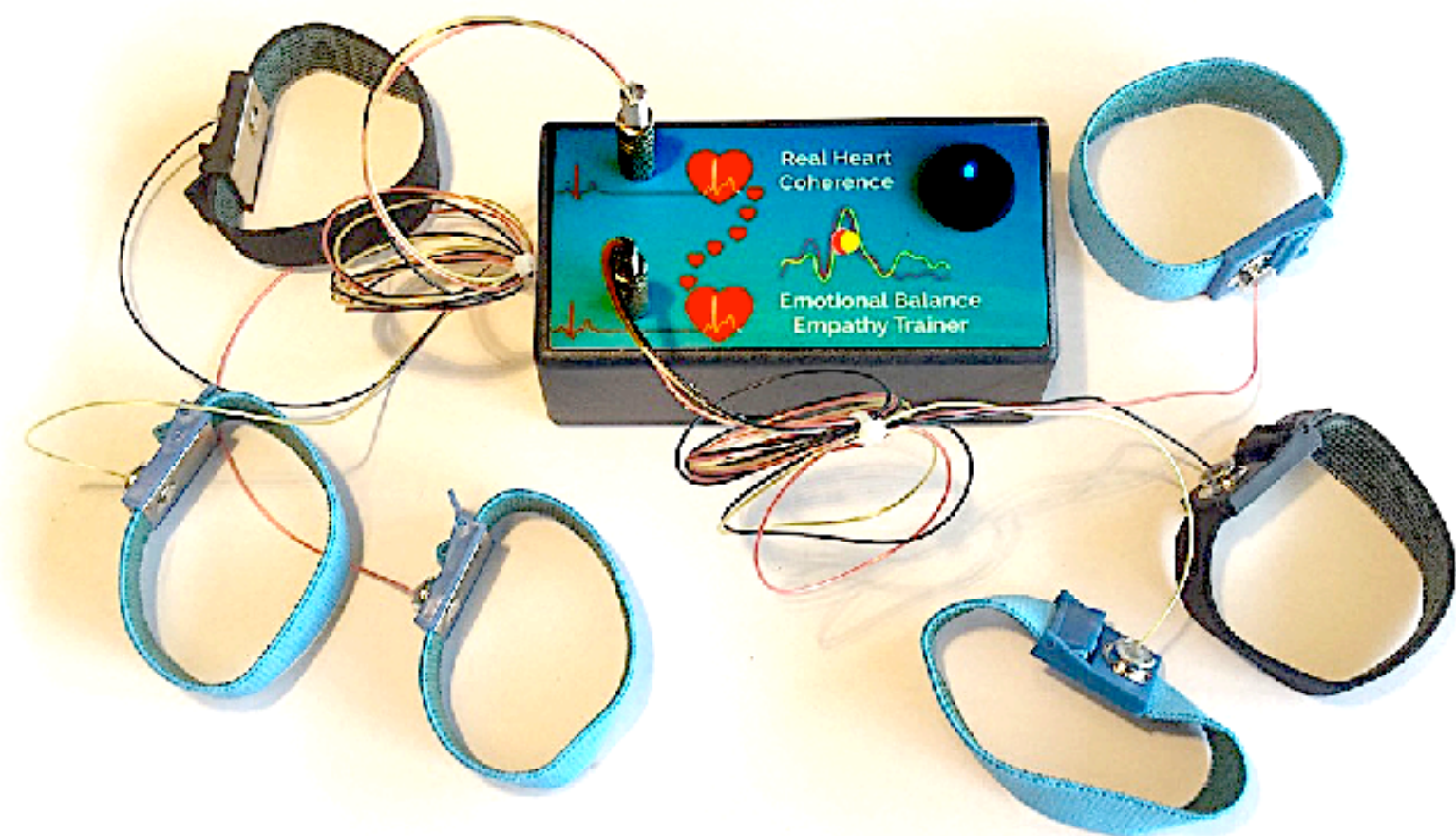


## Stickers positions on the body

Stickers do not need contact gel



To work properly,  
**Wrists need contact gel**

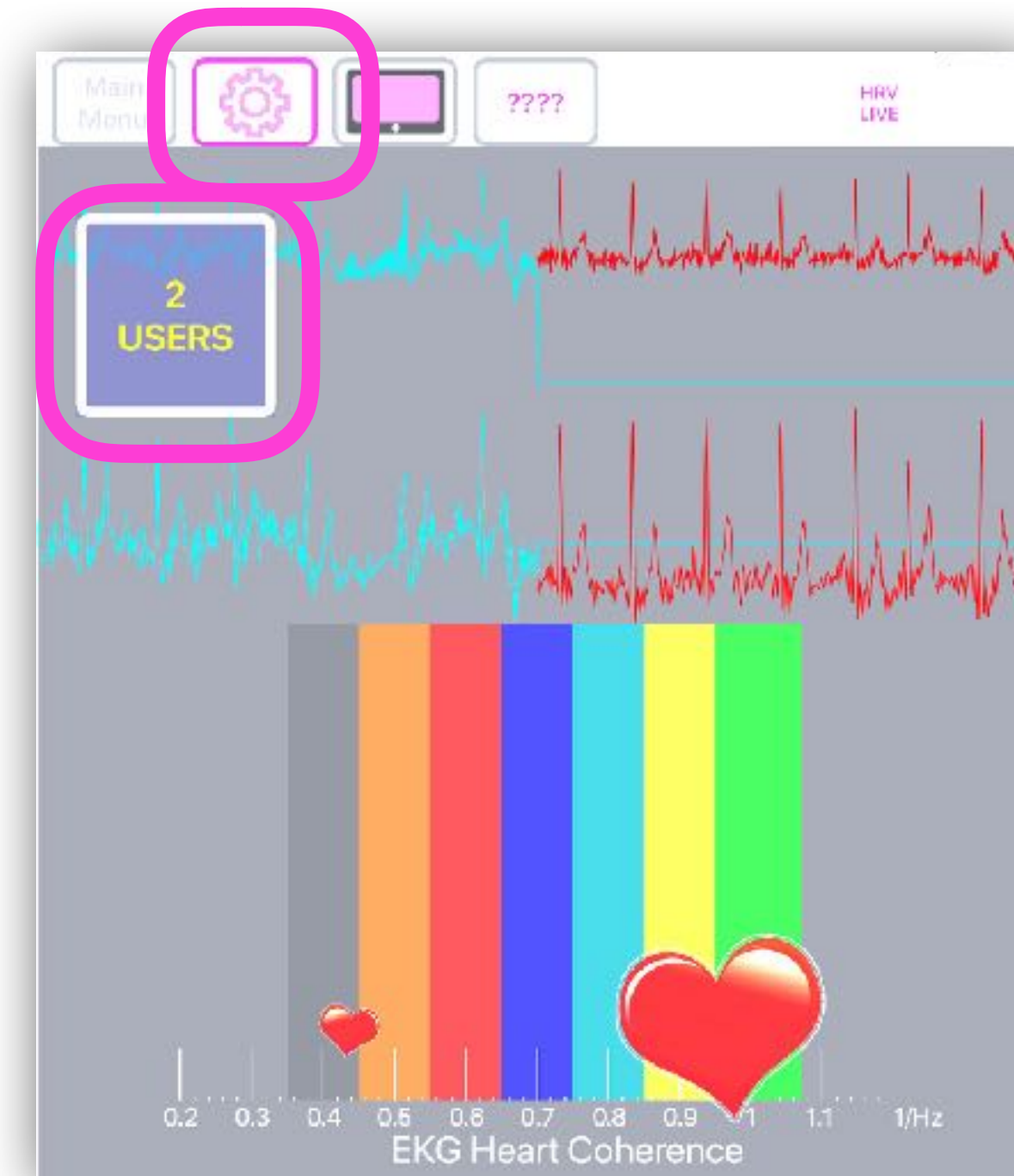
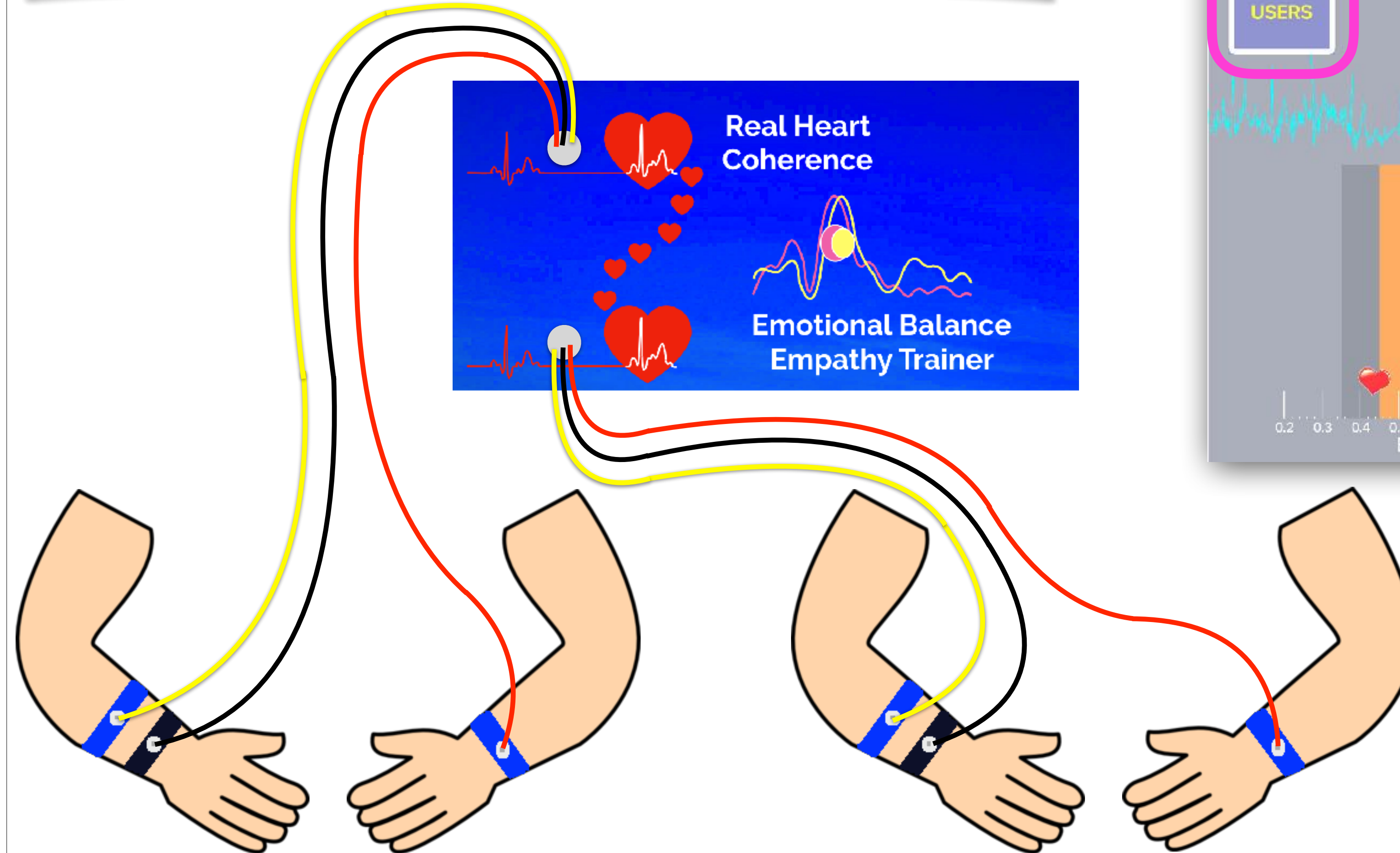


Place a drop of gel  
between  
the inner metal part of the wrist and your skin  
A small bag containing some gel is provided in  
the box

To order more contact gel, be sure to select  
electrode gel like for example:

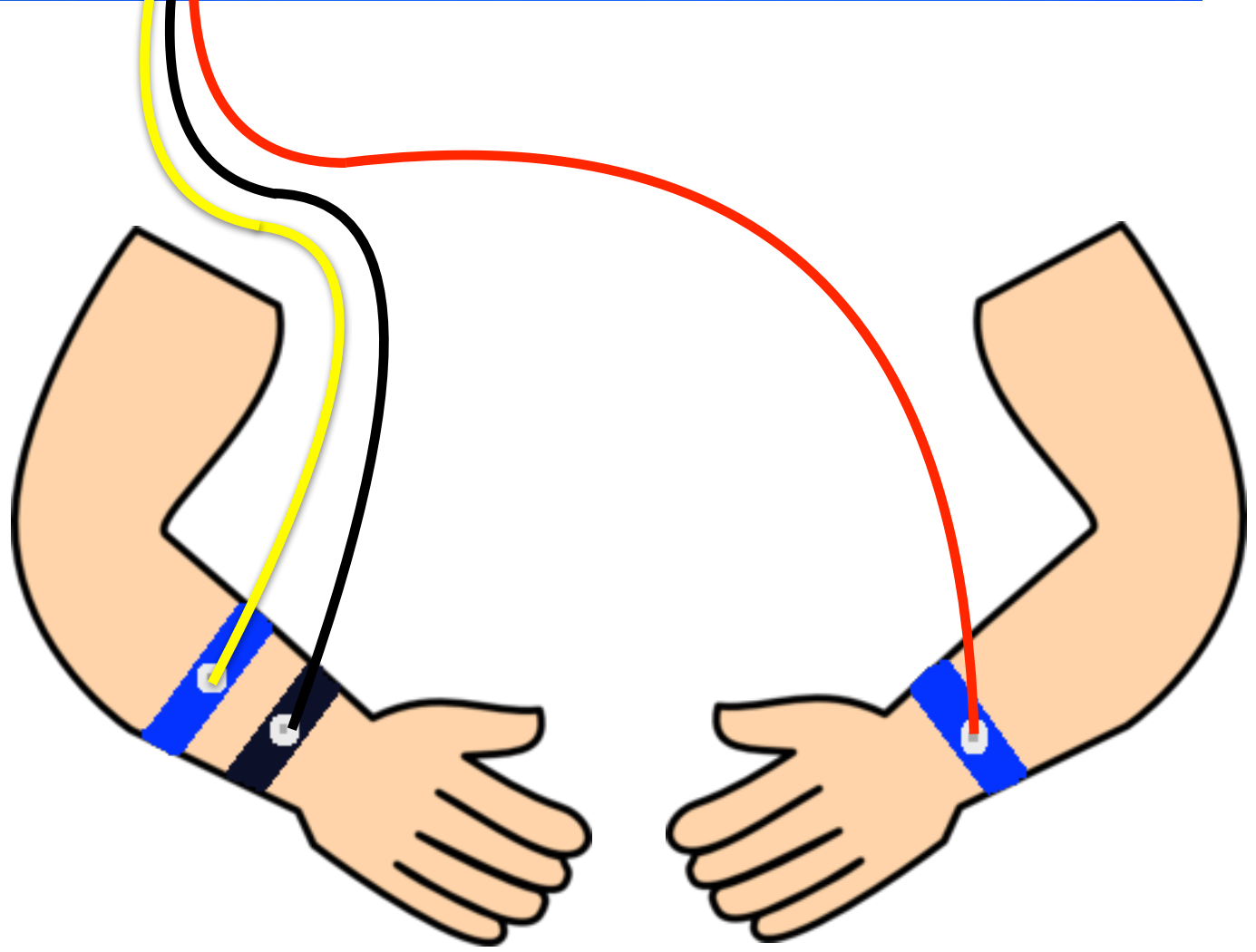
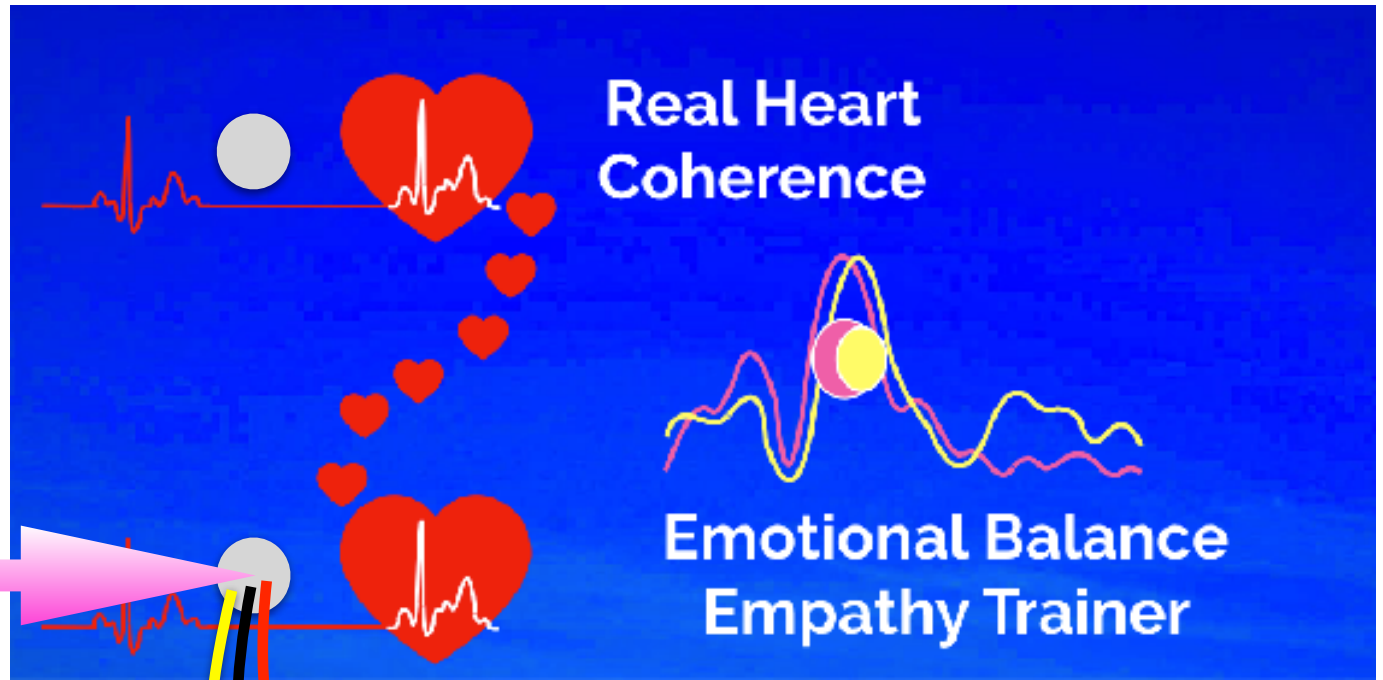
[https://www.amazon.com/Spectra-PAR12-02-Parker-Laboratories-Electrode/dp/B00AMGUZ70/ref=sxbs\\_sxwds-stvp?keywords=contact+gel+electrode&pd\\_rd\\_i=B00AMGUZ70&pd\\_rd\\_r=44cdd30f-0a06-4881-9966-3562d82ee27f&pd\\_rd\\_w=4DA11&pd\\_rd\\_wg=UxE7M&pf\\_rd\\_p=a6d018ad-f20b-46c9-8920-433972c7d9b7&pf\\_rd\\_r=B355T90GV9S2CP5G4D3W&qid=1560871041&s=gateway](https://www.amazon.com/Spectra-PAR12-02-Parker-Laboratories-Electrode/dp/B00AMGUZ70/ref=sxbs_sxwds-stvp?keywords=contact+gel+electrode&pd_rd_i=B00AMGUZ70&pd_rd_r=44cdd30f-0a06-4881-9966-3562d82ee27f&pd_rd_w=4DA11&pd_rd_wg=UxE7M&pf_rd_p=a6d018ad-f20b-46c9-8920-433972c7d9b7&pf_rd_r=B355T90GV9S2CP5G4D3W&qid=1560871041&s=gateway)

# How to connect wrists - 2 Users

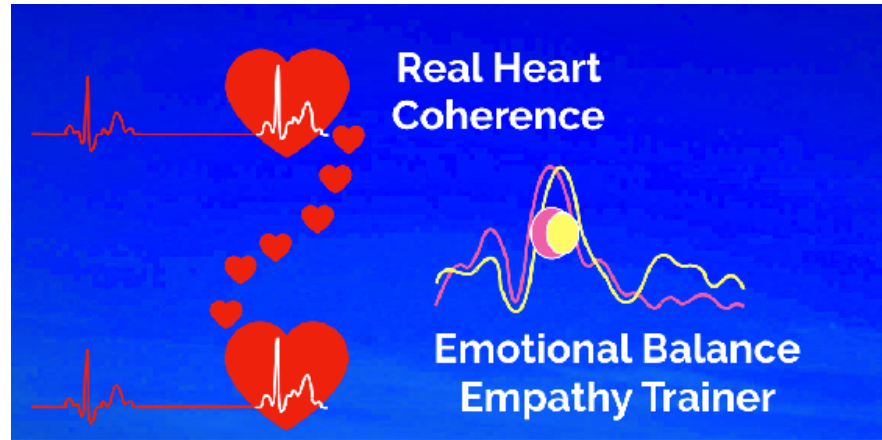


# How to connect wrists Single User

Bottom  
plug



# For FlameinMind App Users

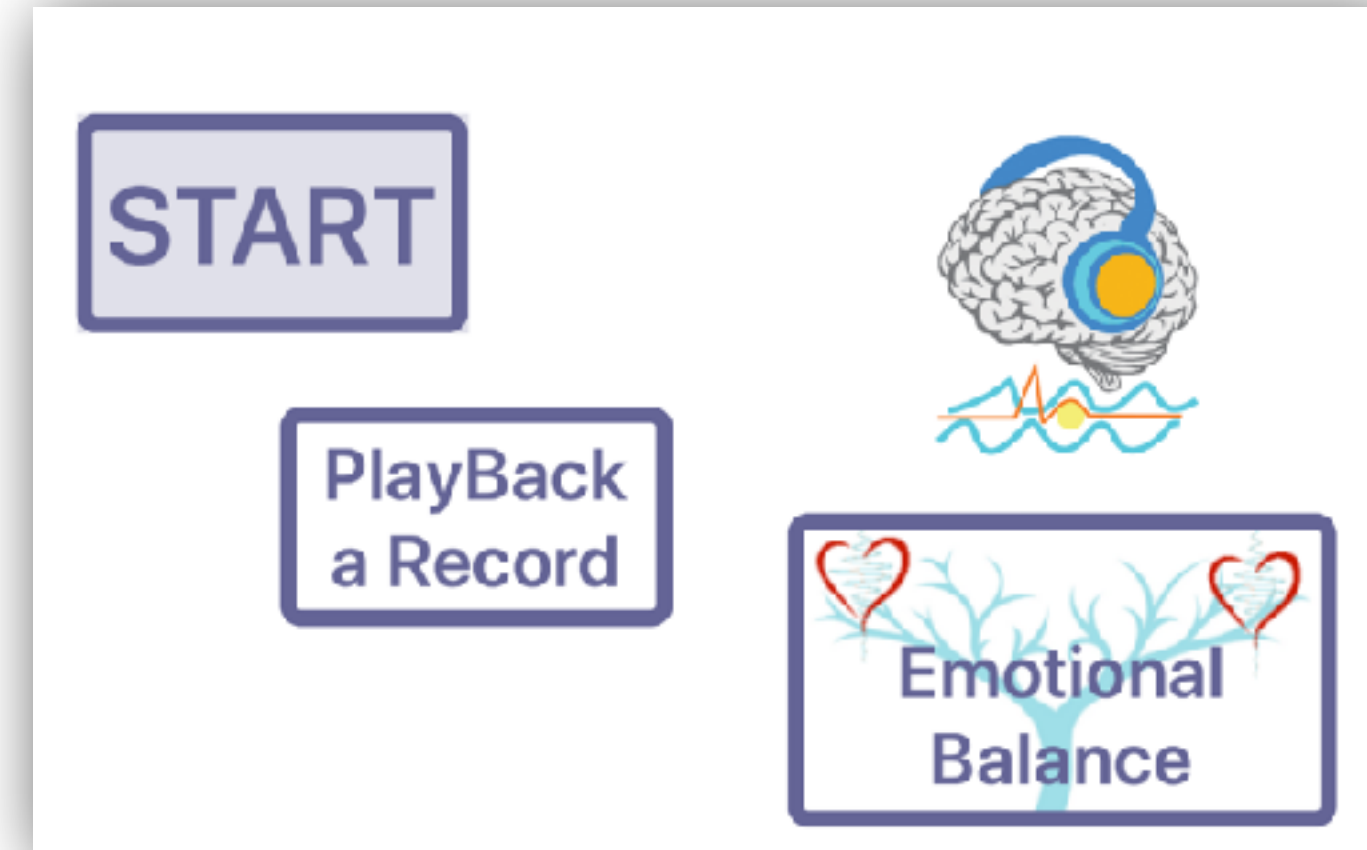


## Real Heart Coherence - Emotional Balance

is only working in FlameinSound App.  
As FlameinSound App is included in FlameinMind App,  
select FlameinSound button.  
You will have to quit the app and start it again  
to go back to FlameinMind App.



FlameinMind App

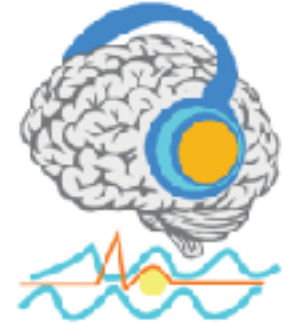


FlameinSound App



START

PlayBack  
a Record



3 main parts in the App (selected with lower buttons):

Sound Wave Generator (lower right button)  
Optional connection to HRV sensors (lower middle button)  
HRV Waves Analyser (lower left button)

NO HRV SENSOR SELECTED

To play Binaural sounds, select lower right button.  
To use HRV sensors, make sure BlueTooth is ON.  
Use the lower middle button to connect a sensor.  
Then touch the Analyser lower button to go to the Analyser.

Select Playback/live (if an HRV sensor is connected)  
Then press START to start a wave session display

Flame In Sound 1.0 (5) <http://www.flameinmind.com/flameinsound>

Waves  
ANALYSER

Sensors  
Search

Binaural  
SOUNDS

# In FlameInSound App

**!!! First !!!**

Touch the middle lower button  
***Search Sensors***

to connect the  
Real Heart Coherence  
device

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100 % 

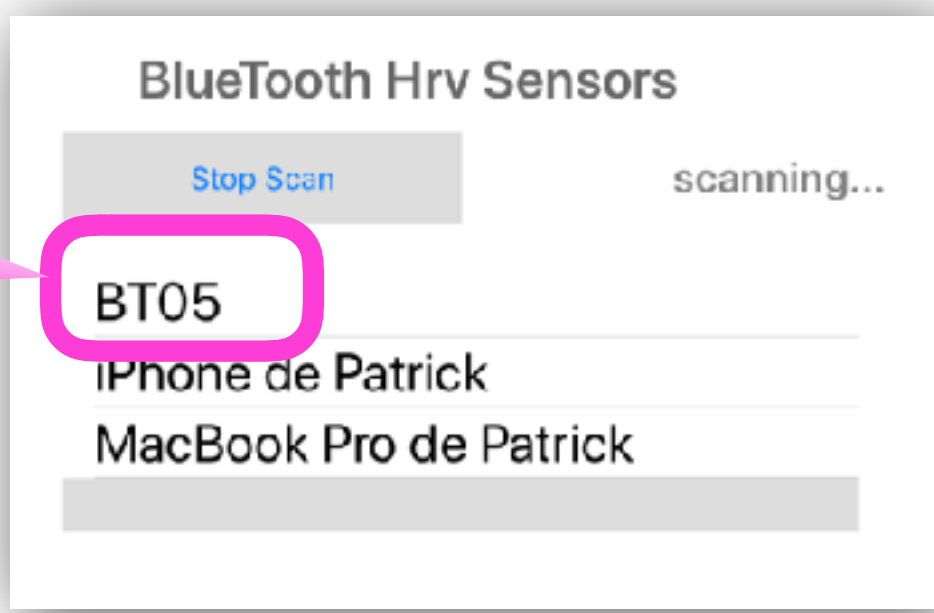
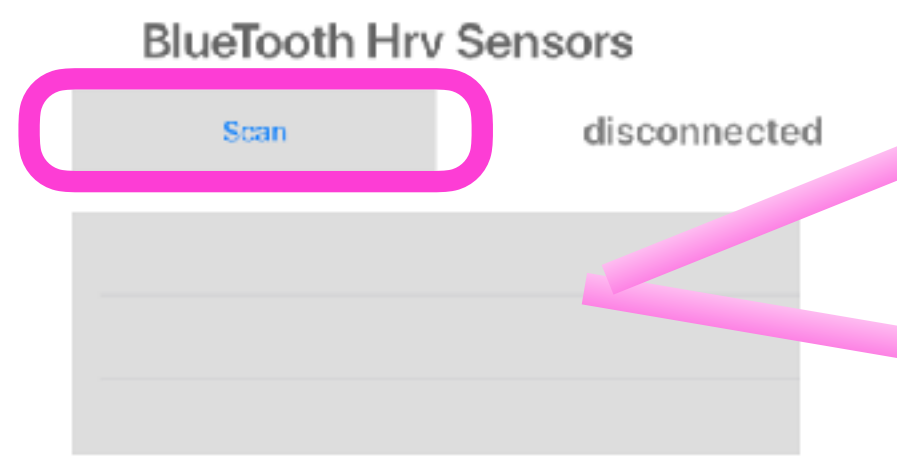
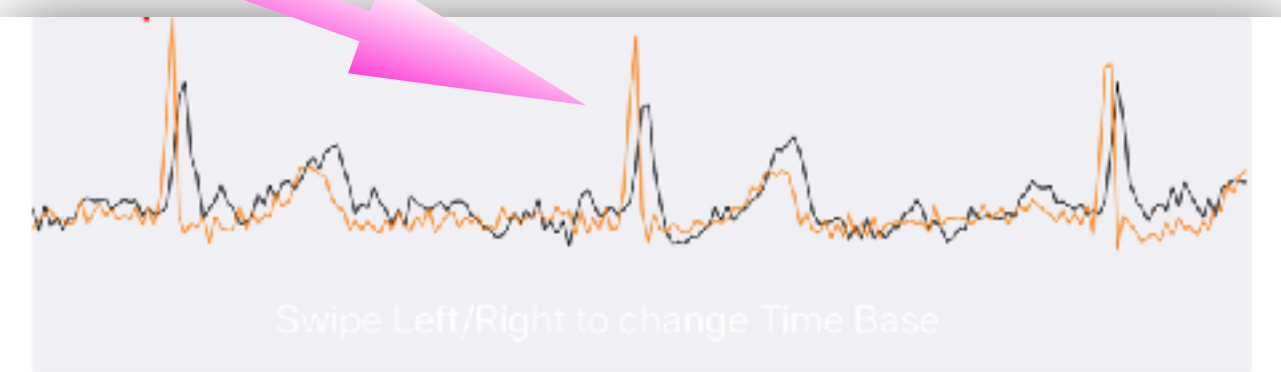
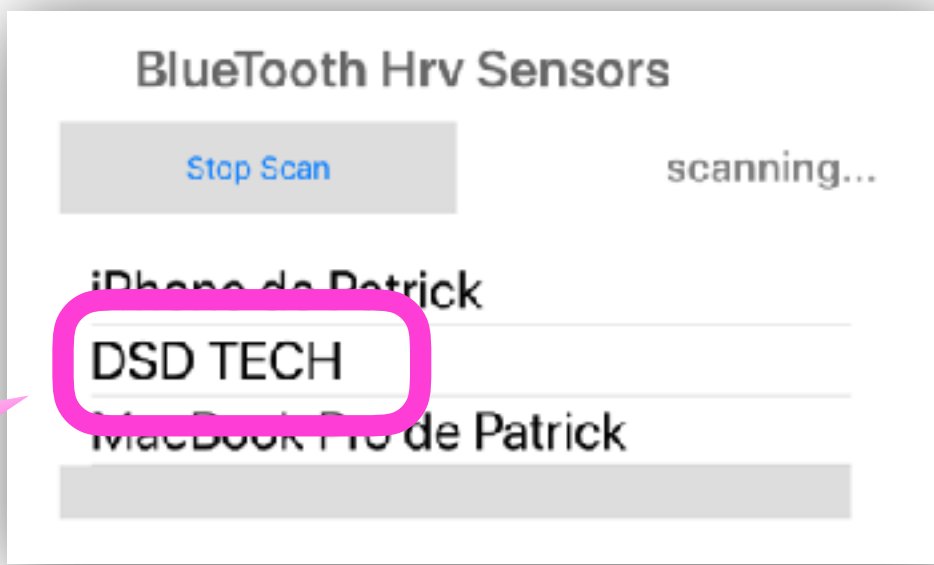


Touch SCAN  
Select **DSD TECH** or **BT05**  
Pulses are displayed at the top of the screen

Touch SCAN to search for your Bluetooth sensor:  
BERRY BM1000C - KYTO HRM 2935 - POLAR H7  
or RealHeart Amplifier (DSD TECH or BT05)

Touch the device name to select it from the list.

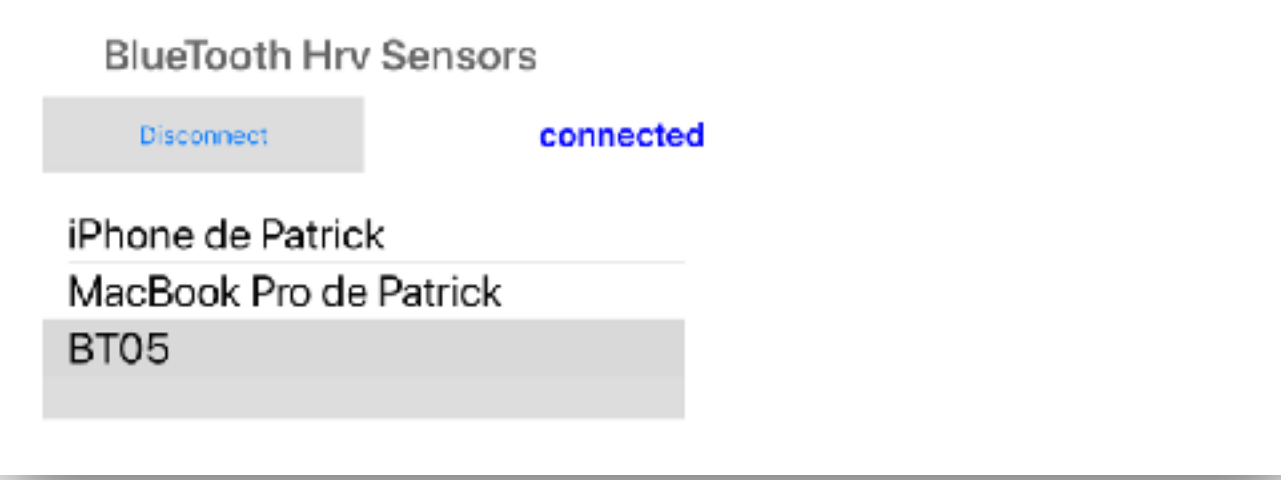
Then touch the lower left button to go to the ANALYSER.

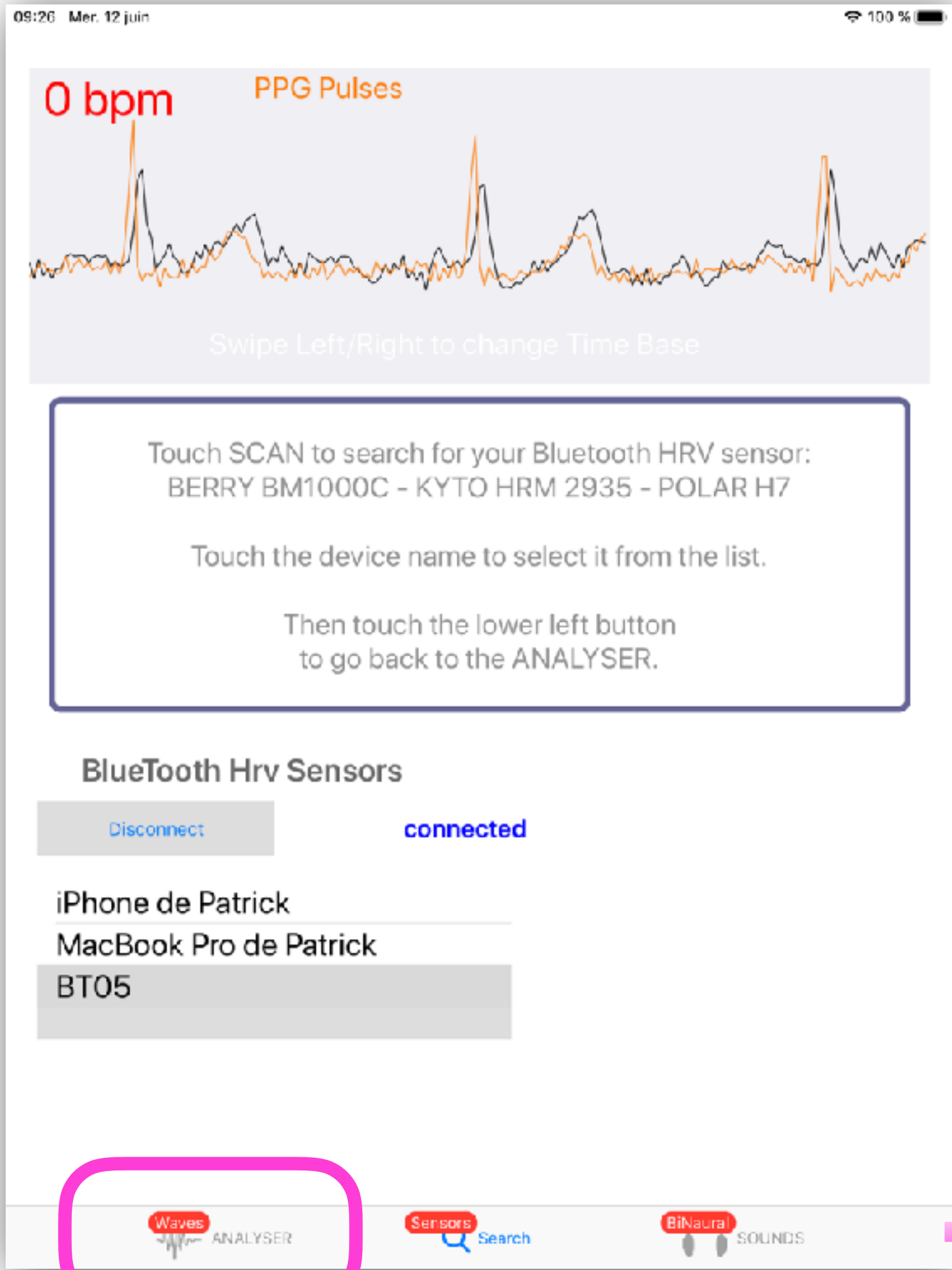


Touch SCAN to search for your Bluetooth HRV sensor:  
BERRY BM1000C - KYTO HRM 2935 - POLAR H7

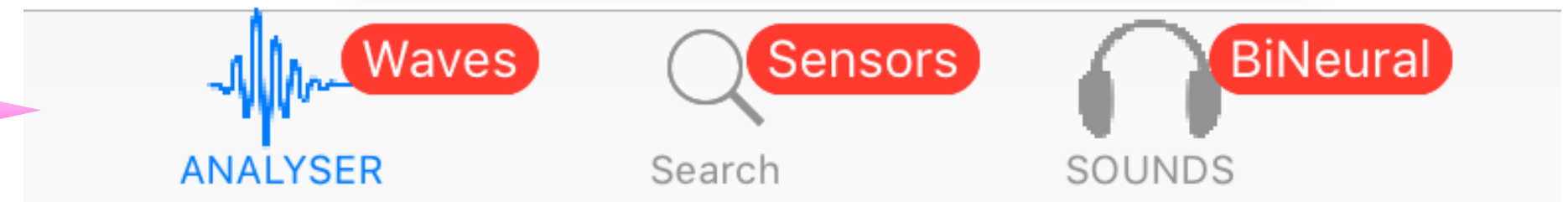
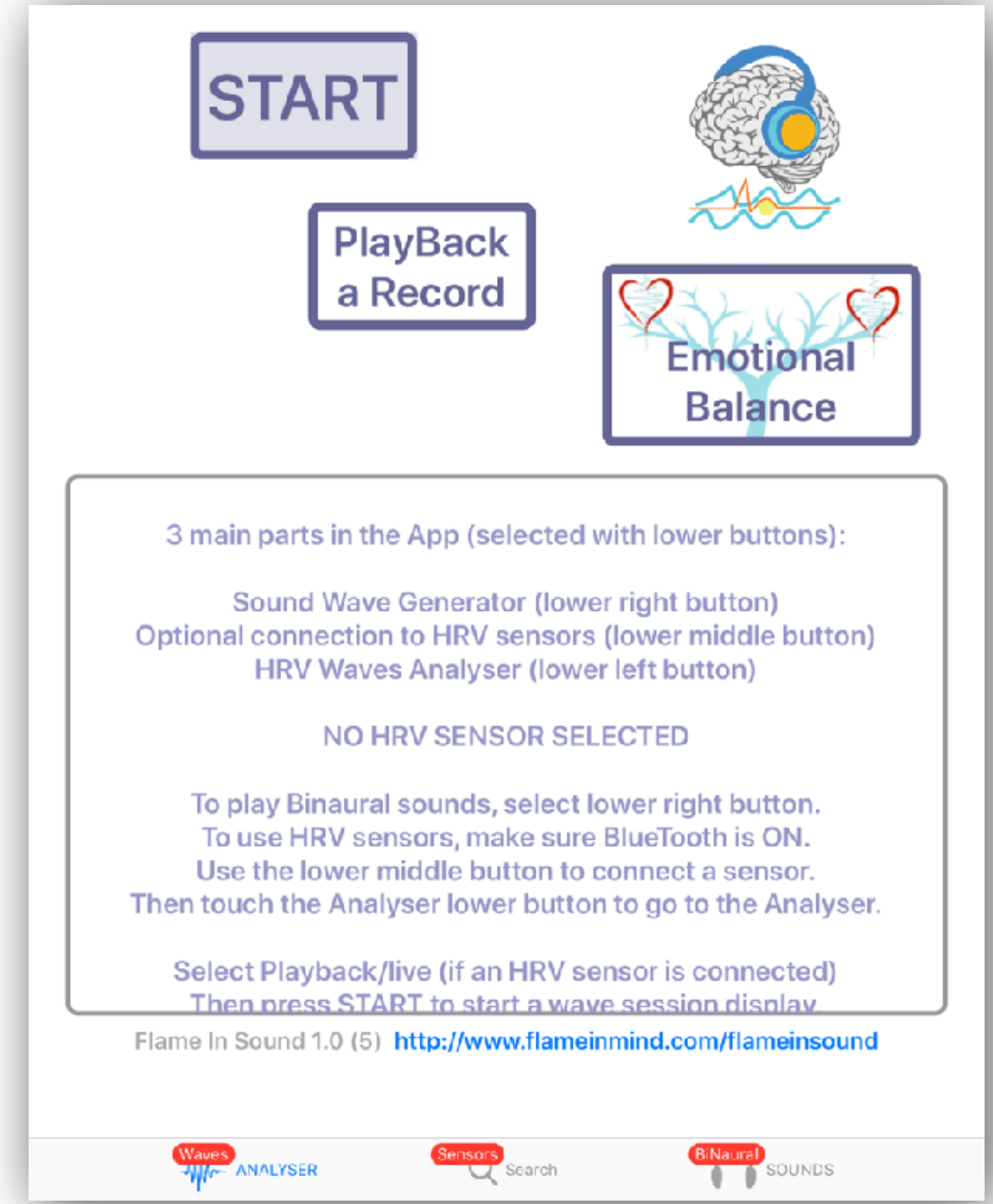
Touch the device name to select it from the list.

Then touch the lower left button  
to go back to the ANALYSER.





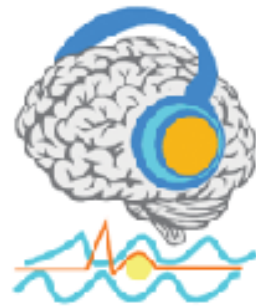
**To Go to the Main Menu**  
Touch the lower left button



START

PlayBack  
a Record

Emotional  
Balance



3 main parts in the App (selected with lower buttons):

- Sound Wave Generator (lower right button)
- Optional connection to HRV sensors (lower middle button)
- HRV Waves Analyser (lower left button)

NO HRV SENSOR SELECTED

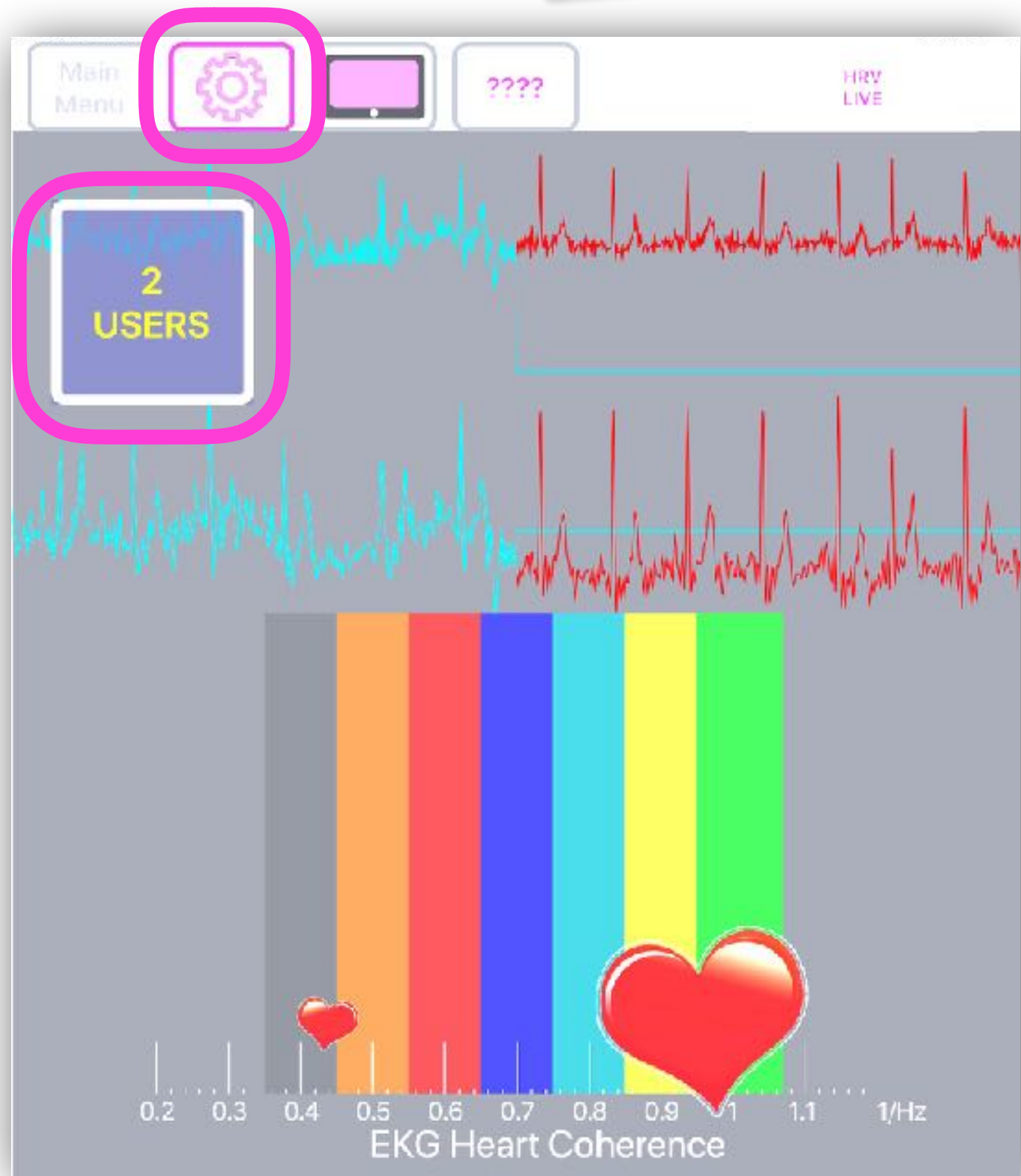
To play Binaural sounds, select lower right button.  
 To use HRV sensors, make sure BlueTooth is ON.  
 Use the lower middle button to connect a sensor.  
 Then touch the Analyser lower button to go to the Analyser.

Select Playback/live (if an HRV sensor is connected)  
 Then press START to start a wave session display

Select


***Emotional  
Balance***

# Select Single User - 2 Users

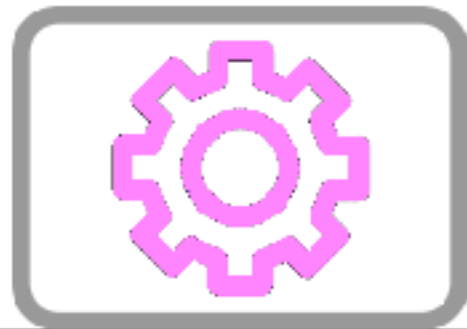


# Display Options

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100 % 

Main Menu



????

HRV  
LIVE

Display Pulses

e-> motion Graph

e-> motion Spectrum

Pulses Raw Data

FFT Spectrum

HEARTS Display

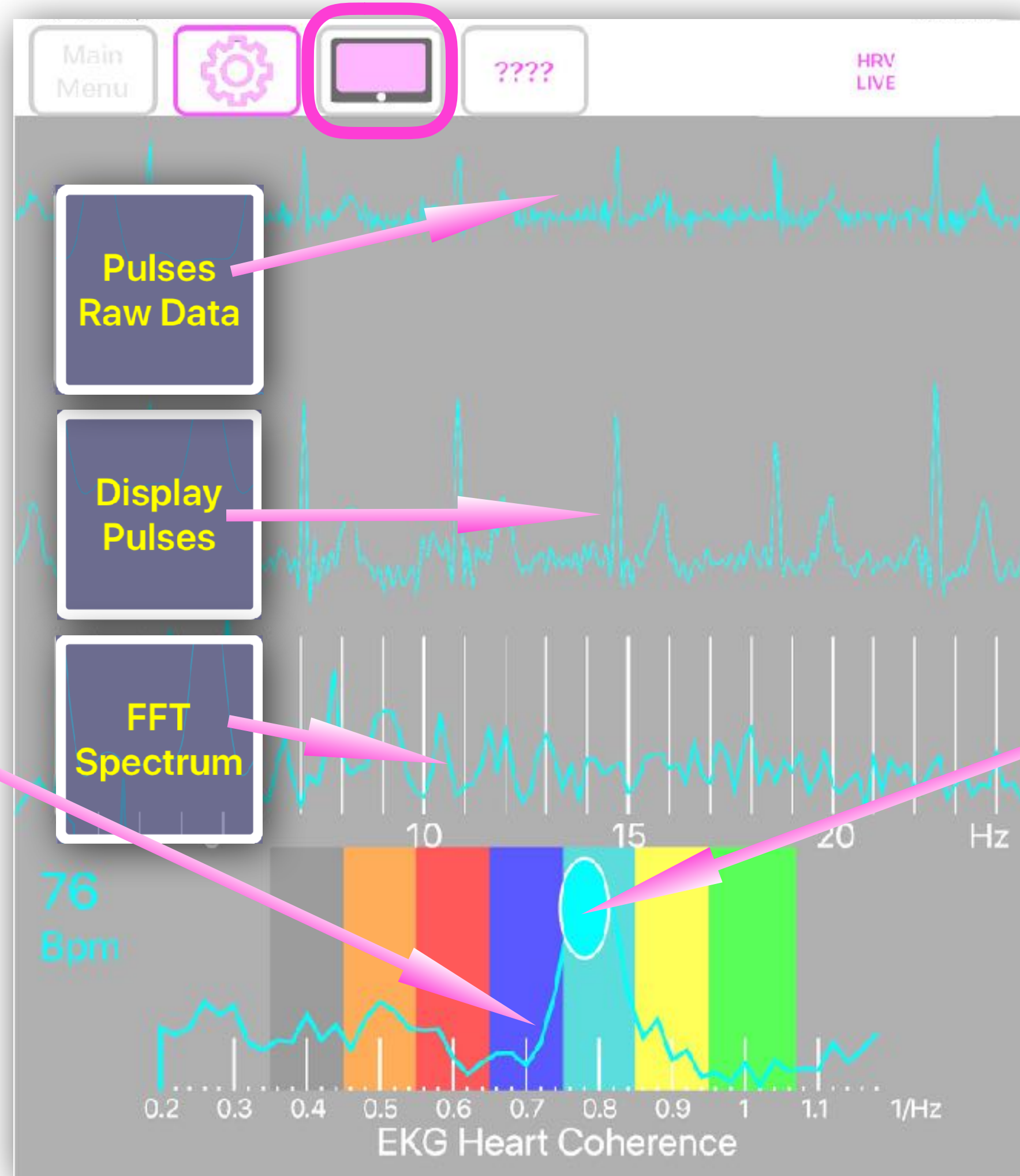
All display options can be selected separately

# Display Options

Single User example

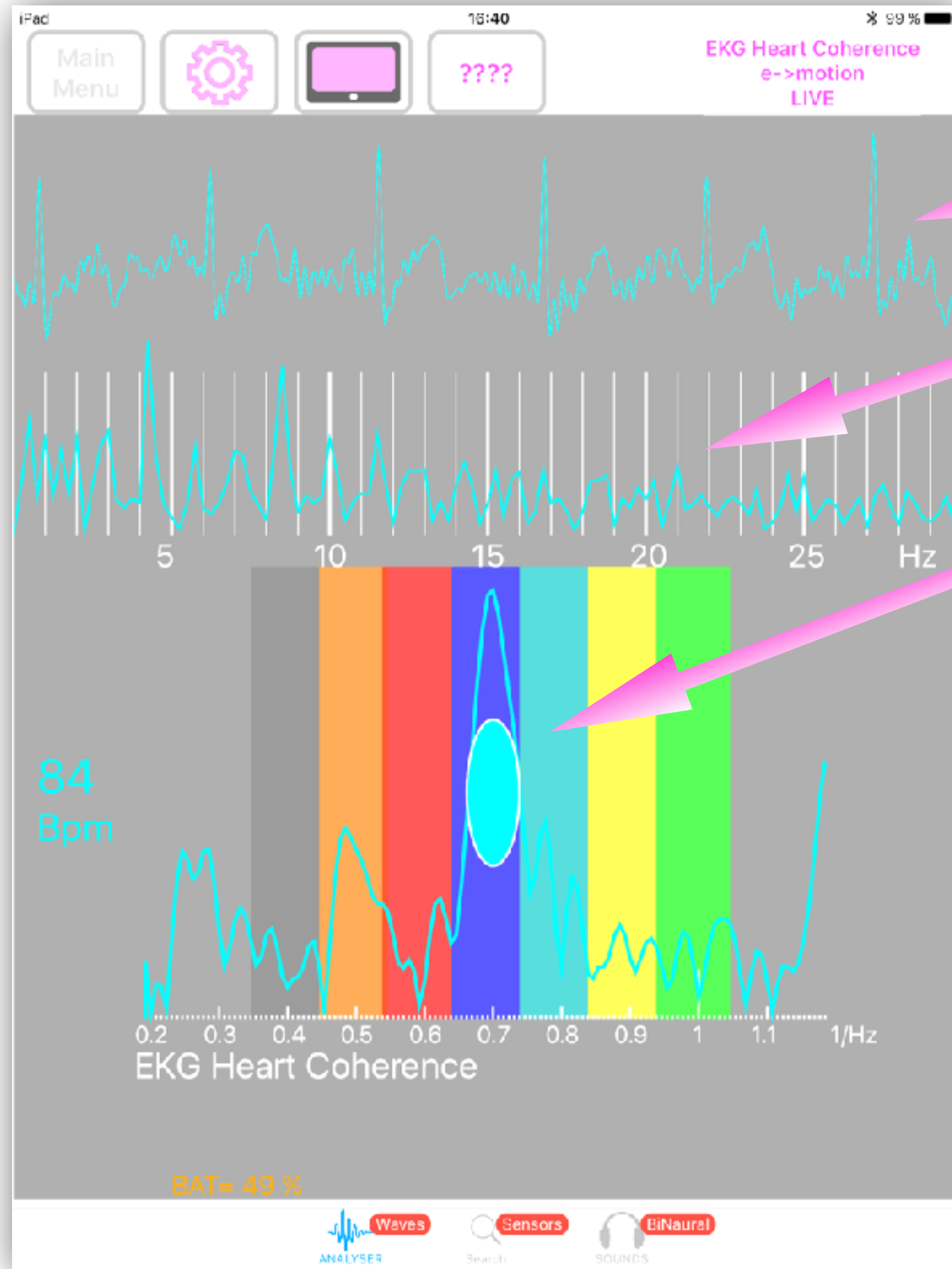
e->  
motion  
Spectrum

The size of the  
spectrum peak  
reflects  
internal coherence  
in EKG



e->  
motion  
Graph

The size  
of the bullet  
reflects  
internal coherence  
in EKG

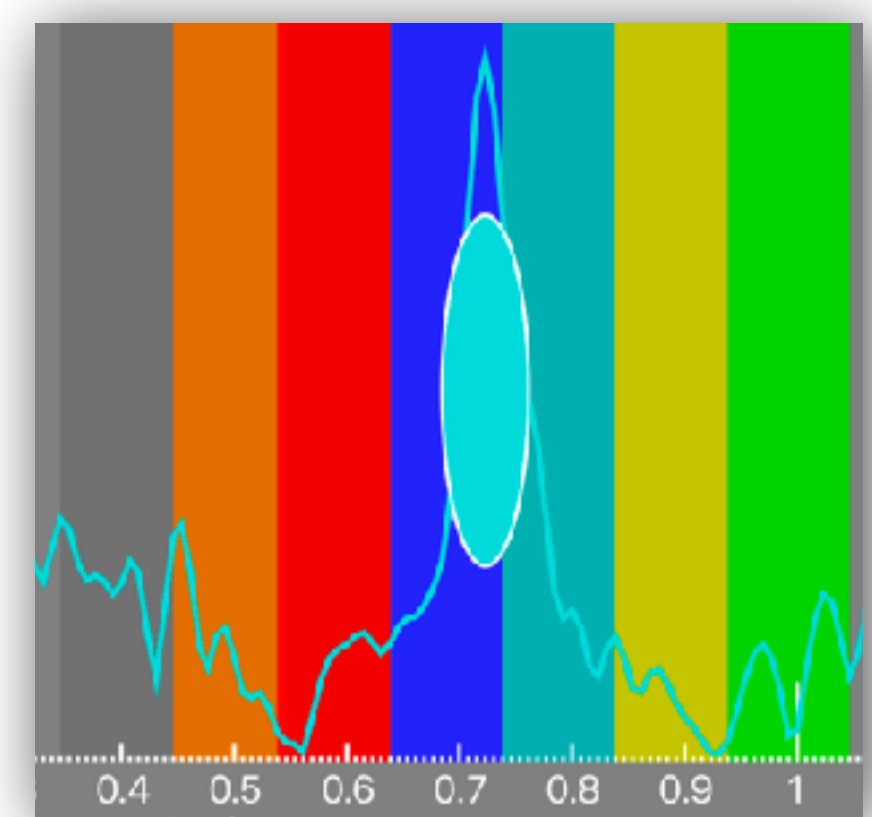
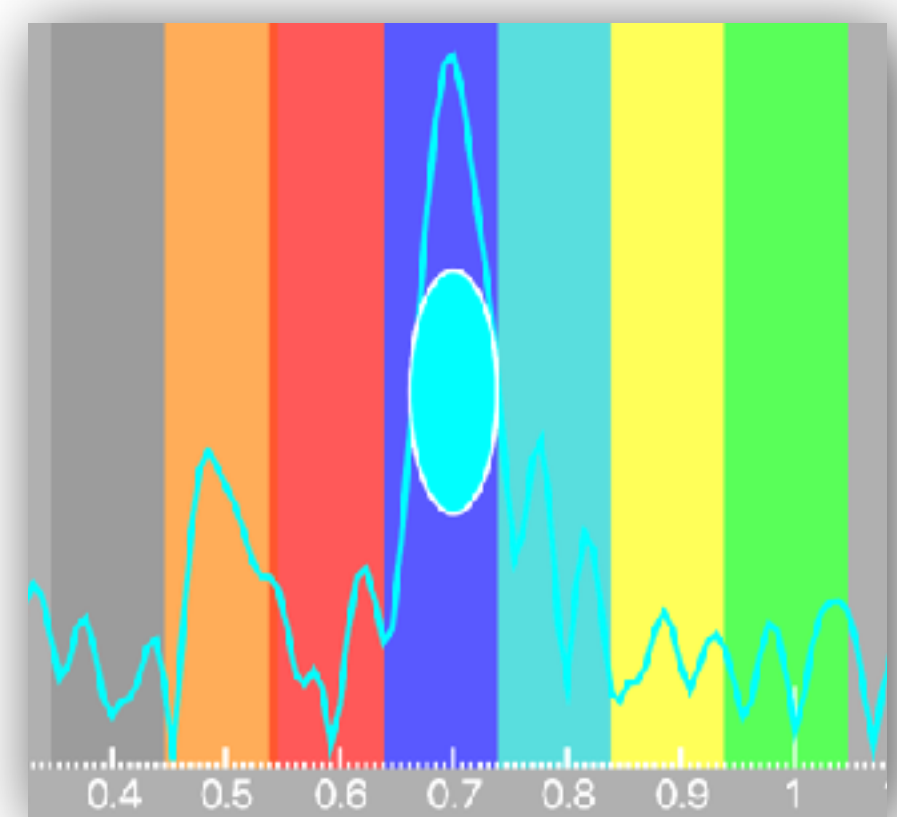


**EKG Heart Pulses**

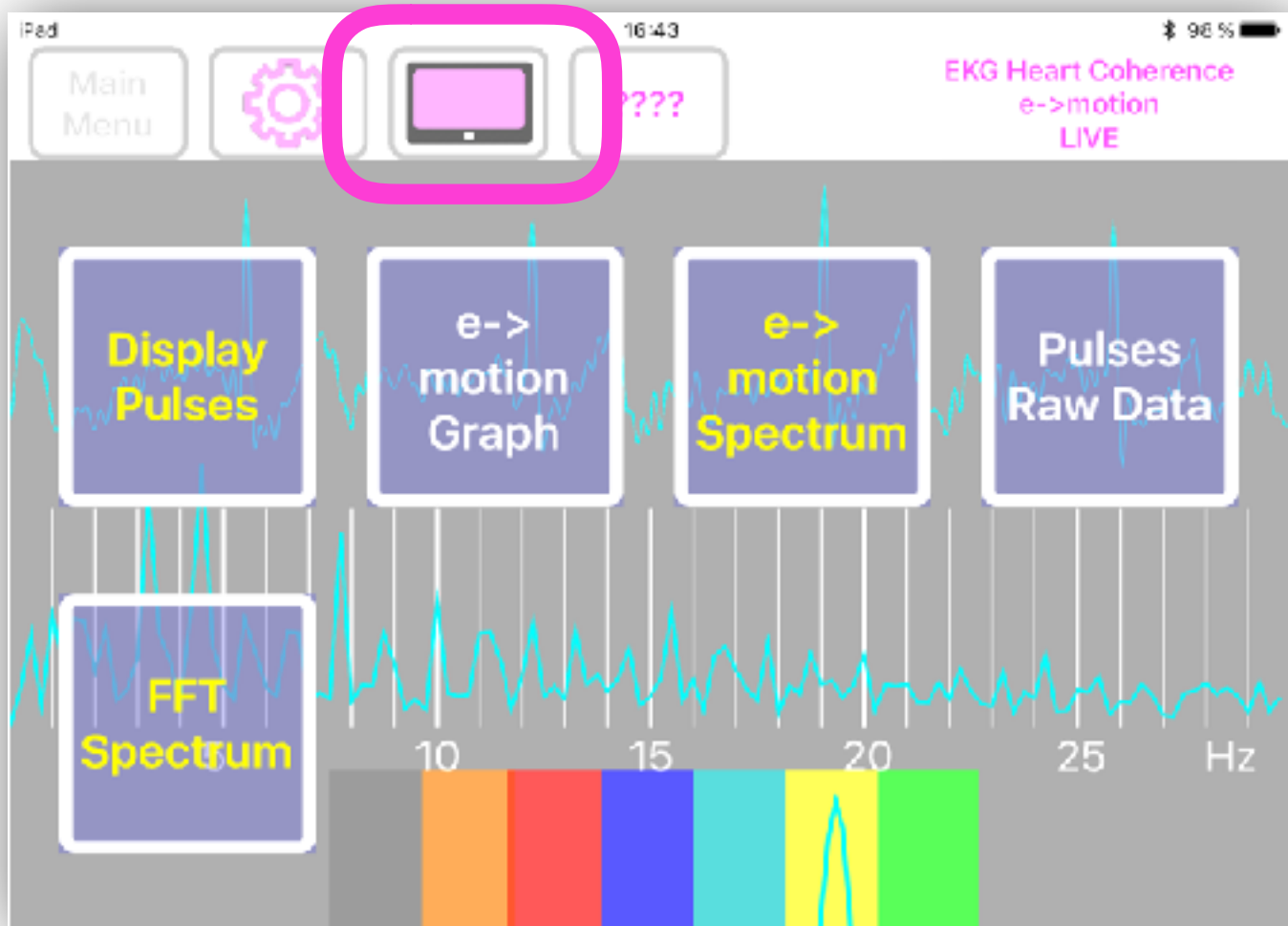
**EKG 1st order spectra**

**Internal Coherence in Heart EKG**  
**EKG 2nd order spectra - CEPSTRUM**

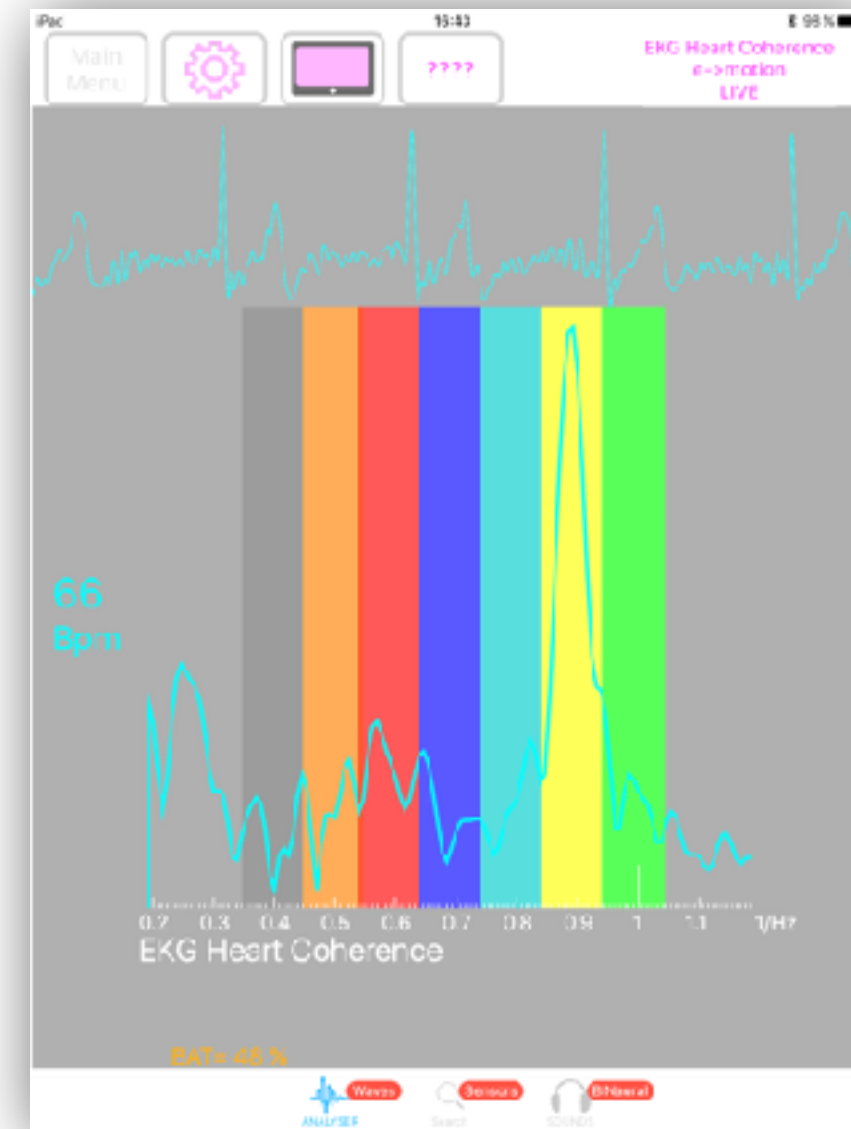
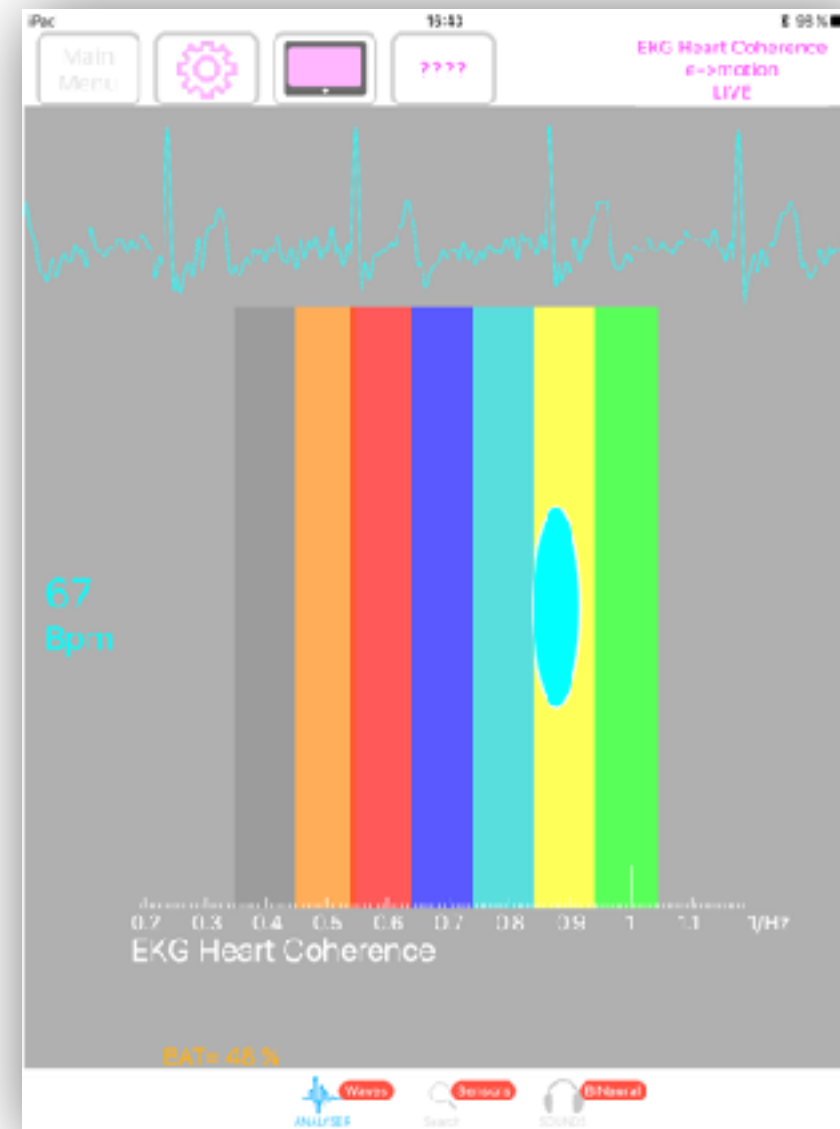
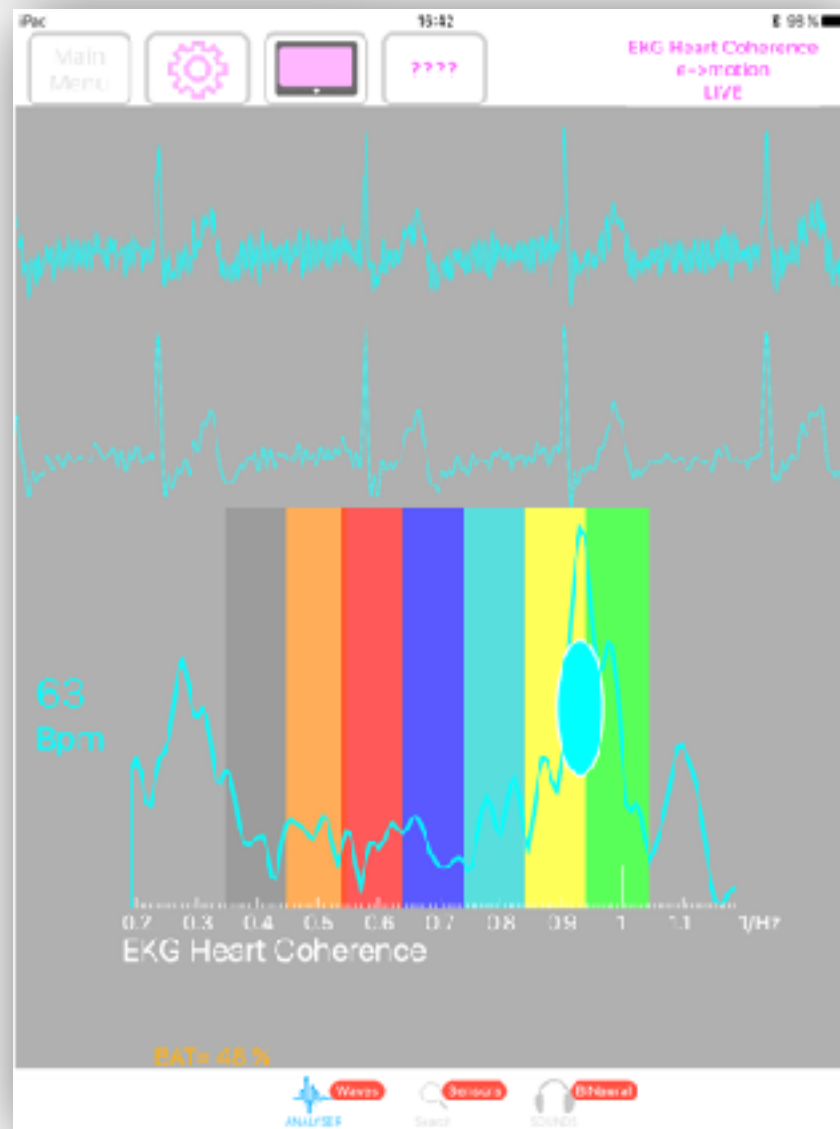
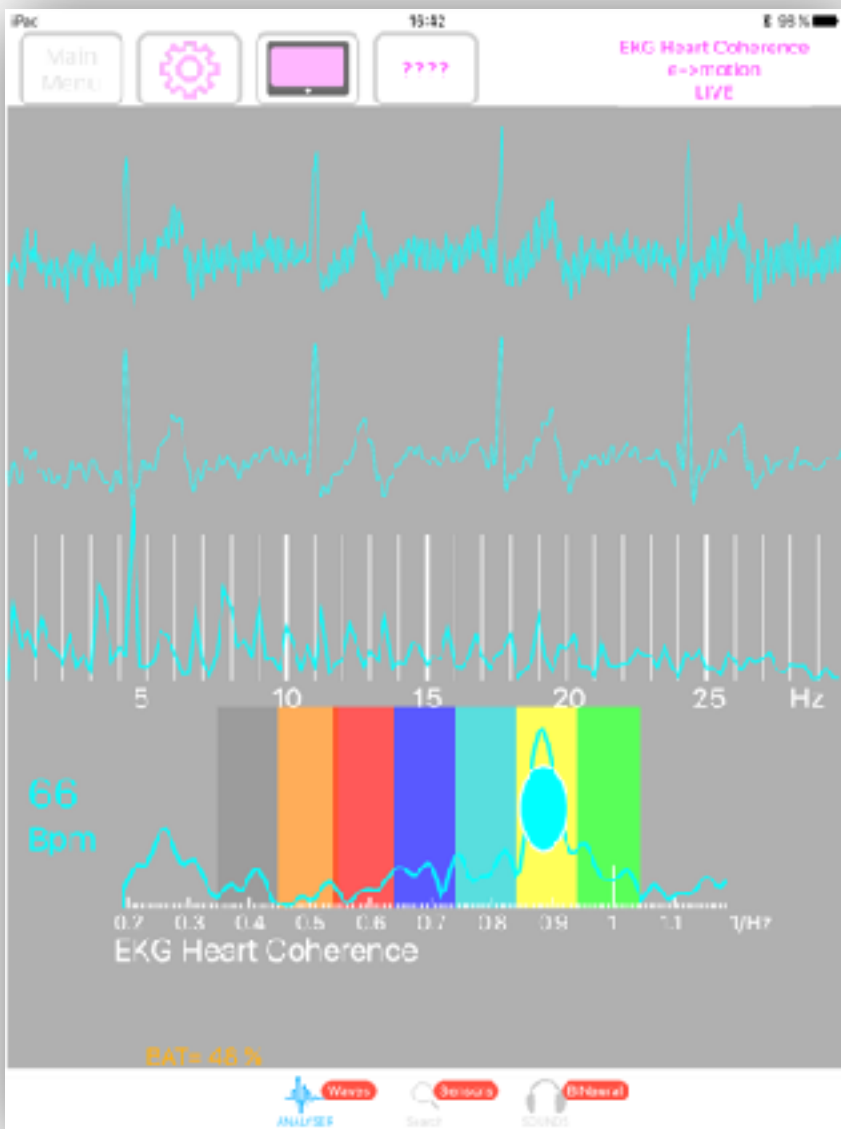
The size of the bullet increases according to coherent state







Different kinds of displays  
According to Display Settings

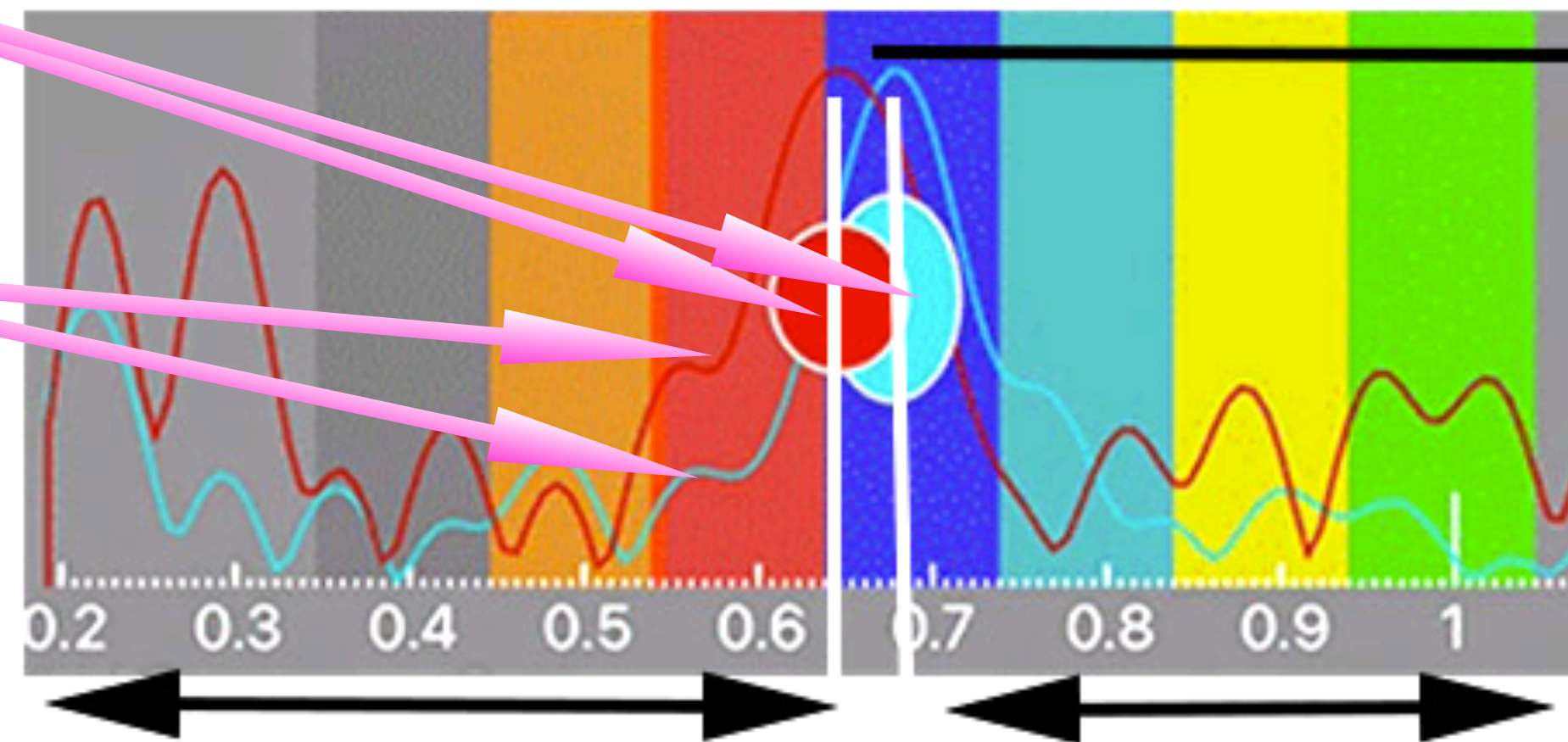


## 2 Users example

**Real Heart Coherence Measure from FlameinMind.com  
Dan Winter & Patrick Botte - Here using Dan Winter's  
original discovery - using CEPSTRUM- 2nd order power  
spectra to measure INTERNAL coherence in EKG**

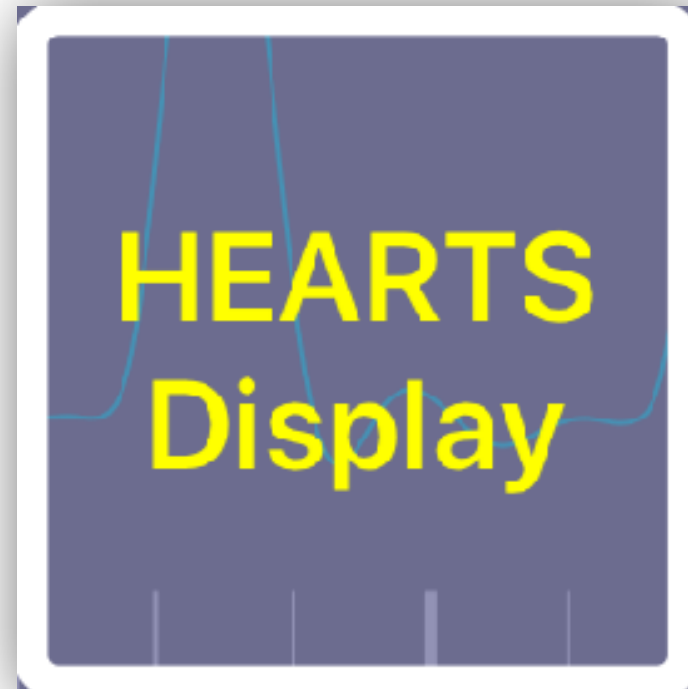
e->  
motion  
Graph

e->  
motion  
Spectrum



**The vertical AMPLITUDE  
of this peaks measures  
AMOUNT of Heart Coherence  
(here also indicated for 2 persons  
in SIZE of the blue/red egg shape)  
-experience shows clearly  
this 'measurement of EKG  
becoming LASER like-  
is a true measure of passion,  
a LIE DETECTOR-  
and functionally measures  
the KINESIOLOGY  
(body truth) response!**

**The moving right/left position of this cepstrum peak-  
indicates the musical key signature of heart rate,  
when 2 Hearts Line up- the physics of empathy/entrainment are measureable- (even Tantra)  
also experience shows peaks near .61 are more TOUCH PERMISSIVE /'heart centered'  
versus peaks nearer to 1.0 are invariable more CONCEPTUAL /'head centered' emotion.**

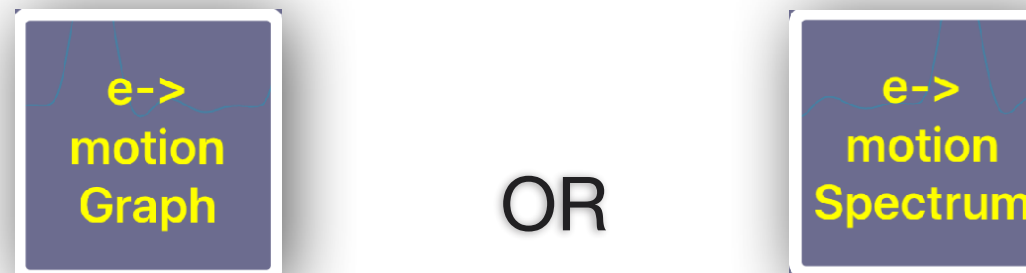


## Hearts Display (2 Users )

The left heart is channel 1 (left blue data - bottom plug)  
 The right heart is channel 2 (right red data - top plug)

The size of each heart is related to its internal coherence.  
 The relative positions of the hearts are relative positions of the emotional peaks (musical key signature) related to the spectrum analysis

Positions of the hearts are NOT related to spectrum scale displayed with



If only **HEARTS Display** option is selected, only hearts & Bpm are displayed

